

## Not Only Fair Play Sport Event - The Joy of Doing Sports

Iasi, Romania

22.04.2016

### Programme

08:30 – 09:30	Age Group 5-6 years old <i>Introduction of the Not Only Fair Play project and Sport Event (distribution of project sticker)</i> <i>Theoretic workshop - The benefits of cycling; Presentation of a bike and its parts; Drawing a bike.</i> <i>Practical activity - Start, stop, control, manoeuvrability of a bike.</i>
09:30 – 10:30	Age Group 7-8 years old <i>Introduction of the Not Only Fair Play project and Sport Event (distribution of project sticker)</i> <i>Theoretic workshop - The benefits of cycling; Bicycle safety, how to protect ourselves, dangerous situations that can occur and how to cope; Discover &amp; Learn the bike parts.</i> <i>Practical activity - Start, stop, control, manoeuvrability of a bike. Traffic regulations - signalling; Safety</i>
11:00 – 12:00	Age Group 8-9 years old <i>Introduction of the Not Only Fair Play project and Sport Event (distribution of project sticker)</i> <i>Theoretic workshop - The benefits of cycling; Bicycle safety, how to protect ourselves, dangerous situations that can occur and how to cope; Discover &amp; Learn the bike parts.</i> <i>Practical activity - Start, stop, control, manoeuvrability of a bike. Traffic regulations - signalling ; Safety; Racing and Contents, biking through obstacles</i>
12:00 – 13:30	Age Group 9-10 years old <i>Introduction of the Not Only Fair Play project and Sport Event (distribution of project sticker)</i> <i>Theoretic workshop - The benefits of cycling; Bicycle safety, how to protect ourselves, dangerous situations that can occur and how to cope; Mechanics - why it works this way; When you know that the bike is in perfect condition and ready for the road; Curiosity type of road bikes that have wheels thinner and thicker the MTB wheels; Maintenance Tips.</i> <i>Practical activity - Traffic regulations - signalling; Safety; Racing and Contents, biking through obstacles</i>

13:30 –	Age Group 10-11 years old
15:00	<p><i>Introduction of the Not Only Fair Play project and Sport Event (distribution of project sticker)</i></p> <p><i>Theoretic workshop - The benefits of cycling; Bicycle safety, how to protect ourselves, dangerous situations that can occur and how to cope; Mechanics - why it works this way; When you know that the bike is in perfect condition and ready for the road; Curiosity type of road bikes that have wheels thinner and thicker the MTB wheels; Maintenance Tips.</i></p> <p><i>Practical activity - Traffic regulations - signalling; Safety; Racing and Contents, biking through obstacles</i></p>